

Different life events.

Six ways we can help.



ConditionCare

If you or a family member suffers from a chronic condition, we may be able to help improve your overall health. Our ConditionCare program can help you manage your symptoms related to pediatric and adult asthma, chronic obstructive pulmonary disease (COPD), pediatric and adult diabetes (Types I and II), heart failure (HF) and coronary artery disease (CAD).

By participating in our free program you can get the tools and information you need to achieve more optimal health. The program offers:

- 24-hour toll-free access to registered nurses to answer your questions and provide support on how to better manage your condition.
- A health evaluation and consultation, as needed, to assist in managing your condition.
- Educational materials on prevention, self-management and lifestyle that can help improve your health— including condition-specific care diaries, self-monitoring charts, self-care tips and more.

Call the ConditionCare program toll-free from anywhere in the U.S. at 1-800-445-7922.

Future Moms

Pregnancy is a very exciting time! We know your goal is to have a safe delivery and healthy baby. We want that for you, too. That's why we offer Future Moms, a voluntary program to help you take care of your baby before you deliver. Once you register in the Future Moms program, you'll receive:

- Toll-free access to a registered nurse 24 hours a day, seven days a week to discuss any pregnancy-related issues and answer your questions.
- A helpful prenatal care book – Your Pregnancy Week by Week.
- Educational materials to help you handle the unexpected.
- A questionnaire to evaluate your risk for preterm delivery.
- Useful tools to help you, your doctor and your Future Moms nurse track your pregnancy and identify possible risks.

Call the Future Moms program toll-free from anywhere in the U.S. at 1-800-828-5891.

24/7 NurseLine

Health concerns don't follow a 9 to 5 weekday schedule. Sometimes you need answers to your health questions right away—and that can be the middle of the night or while you're away on vacation. That's why the 24/7 NurseLine is there for you and your family 24 hours a day, seven days a week.

Call the 24/7 NurseLine at 1-800-337-4770 any time to speak with a registered nurse who is trained to help you make more informed decisions about your health situation. A nurse is just a phone call away.

Turn the page to see more ways we can help.



More life events.
More ways we can help.



Low Back Pain

Simple tasks like emptying the trash or lifting a briefcase can feel like a major chore when you're experiencing low back pain. If left untreated, the pain may continue or even get worse. Fortunately, most low back pain can be improved *without* surgery. And many people recover fully. The ConditionCare: Low Back Pain program can help you be one of them. When you enroll in this free program, we'll provide:

- A health evaluation and ongoing consultations, as needed, to help you deal with your back pain.
- Educational materials on prevention, self-management and lifestyle factors that can make your back feel better.
- 24-hour toll-free access to registered nurses who can answer your questions and give you and your back the support you need.

Call the ConditionCare: Low Back Pain program at our toll-free number: 1-800-445-7922 to learn more today.

Musculoskeletal

Did you know that over 85 million people in the U.S. suffer from body aches due to musculoskeletal pain? Stress, a poor diet and a lack of proper exercise can be the culprits behind conditions such as arthritis, osteoporosis and other types of joint pain.

But there's good news. If you experience this type of pain, there are ways you can improve your health and your quality of life — without invasive treatments or surgery. The registered nurses with the ConditionCare: Musculoskeletal program can provide:

- An exercise plan designed for your specific goals.
- Personalized nutrition education and counseling.
- Support and information over the phone 24 hours a day.

If you and your doctor decide that surgery is needed, experienced ConditionCare nurses can help you prepare and guide you through your recovery from hip or knee replacement.

Call the ConditionCare: Musculoskeletal program toll-free from anywhere in the U.S. at 1-800-445-7922.

Vascular At-Risk

If you or a member of your family has high cholesterol, high blood pressure or metabolic syndrome, you are at risk of developing severe health problems such as heart disease or diabetes.

Don't let that happen to you. Let the ConditionCare: Vascular At-Risk program help you control these conditions before they control your life. The registered nurses who staff the program can:

- Help you develop a plan to maintain or lose weight, if needed.
- Remind you when to get follow-up tests to track your progress.
- Consult with pharmacists and dieticians to get the latest information to help you manage these health issues.

To enroll in ConditionCare: Vascular At-Risk, call our toll-free number: 1-800-445-7922.